



# Learning a Groove

by Peter O'Gorman

## LEARNING PROCESS

### System A

- Steps 1, 2 and 3: Play the three possible two-limb combinations; repeat each several times.
- Step 4: Play the groove as written.

### System B

- Step 1: Play the first two notes of the groove.
- Steps 2, 3, 4, etc.: Add a single note in each succeeding step. Repeat each step several times. (If desired, add a measure rest to each step.)
- Continue this process until the groove is complete.

## GENERAL GUIDELINES FOR SYSTEMS A AND B

- Begin by playing each step slowly, preferably with a metronome or drum machine.
- Continue to practice each step slowly until it is mastered.
- Once you have finished all of the steps, and the groove is complete, begin speeding up by small increments.

Example: ♩ = 72 ♩ = 76 ♩ = 80 etc....

Repeat the groove several times at each tempo.

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